



The Swaffham Crier

Volume XLIV Number 5

May 2020



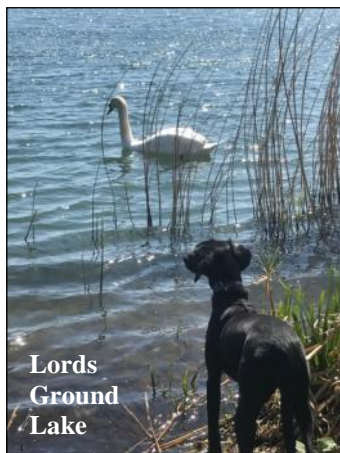
This has become the mid-May Crier, but here we are at last, as usual packed with essential Lockdown info, where to get things, how to make things, essential medical advice... don't miss Alex Manning's (he's a much-beloved Burwell GP) very useful and thoughtful contribution — he also wrote similarly for our mid-March edition. We also have some delightful opinion pieces and two major features, one from our miller, Jonathan Cook, about Fosters Mill and the other, a Crier Profile of Emma and Dean's adventures at the Red Lion. Not their only adventures: it seems there's also a spooky Presence (does anyone-else know anything about him?) but you'll have to wait until next month for that.

For some reason recently referred to as a Useless, Bloated, Self-Serving Quango in the national press, this village has certainly felt the effects of Public Health England's attempts to centralise everything under their control, routinely dismissing everyone-else's considerably more expert advice and help. On the Letters page, our resident Fellow of the Royal Society, Desmond McConnell, is reasoning about how we might do our own contact tracing, Roz Chalmers advises on mask making (many thanks to Kate Child — she has now made us 3) and wisely gave her scrubs directly to Addenbrooke's A&E staff, with Anglesey in Stitches equally wisely concealing their supply chains (p 21). No, they wouldn't want

their lovingly made scrubs intercepted and jetted off to Turkey. Also you can hear from some of the most ill-affected, our local Arthur Rank hospice—why don't we do the Starshine Walk for them, (p 36) instead of the Lindy Hop we were expecting to do on VE Day?

Meanwhile, readers will be relieved to know that the SP Heating Debate continues unabated (see Letters) with even more of us joining in. See you June.

Caroline Matheson



Cover Picture: VE Day at 26 High Street by Josh McCarthy

Contents

Letters	2-9
Our Reporter	10
Donations	2
SURGERIES	12, 39
Julie's Recipes	25
PC Notes	42
Wicken Fen	45
Sue Giles	46
Church News	47
SP Heating	5,-7
Anglesey in Stitches	21
Bottisham Surgery	39
St Mary's Food bank	9
SP Volunteers	34
Cllrs Cane & Trapp	38
Mothers' Union	40
Arthur Rank	41
Bon Mot	34
Reading Group	35

News, Views & Reviews

Scrub & Mask making	4,21
Dog Walking Volunteers	14
Cartoons (various sources!)	14
Stagecoach	15
Where can I get some..?	16
Blue Tits in the post	17
Annual Village Assembly	18
Smokers not getting Covid	20
Roz's Scrubs	21
Fosters Mill	22
Heidi	24
Crier Profile: Ems & Deano	26
Reasons to be Cheerful	29
Lockdown	30

Poems

Rachael's Poem	18
Wulsin	31
Ophir	31

What's On

SP Heating Kids' Booklets	9
Autumn Show	19
Starshine Walk	36

Puzzles

Crossword	32
Number Puzzle	37
Figures of Speech	11



Letters to the Editors



Dear Editors,

Thank you Swaffham Prior

We've always known we lived in a lovely village (and we've all lived here a long time). We realise even more now how true those first impressions were.

Every day we see (from our shared driveway over a morning coffee!) how this amazing community has come together to help each other out.

It's hard to single out individuals as there are so many but the new Landlord and Landlady at the pub have shown true spirit in opening a shop to provide food for the villagers who can't travel far.

Also, the team of volunteers who are helping with shopping, collecting prescriptions and phoning for a chat are a tonic for everyone .

So many people are giving their time to help others and the atmosphere in the village when people stop for a very distant chat is wonderful.

'Thank you Swaffham Prior'

Oliver and Sandra Gynn

Dave and Sue Jackson

Andrew and Sue Burge

Dear Editors,

I can't say anything exciting has happened during lockdown (who can?) but would like to record my thanks for the help we have received from friends and neighbours. We spent two weeks in quarantine, as Dave had a sore throat (which fortunately went away without turning into anything more sinister). During that time, Clare Farrah collected my repeat prescription and did shopping for us, and we had rhubarb and a sourdough starter delivered to the door by other kindly neighbours. Last week I had another repeat prescription delivered, unasked, but presumably organised by Bottisham Medical Practice. Thank you all very much.

We are fortunate to have a generous-size garden, and plenty of jobs to do out there, and some enjoyable local footpaths to walk on. I've made a few batches of sourdough bread, which is gradually improving, with helpful video clips sent by my son-in-law in New Zealand, who is a very good cook. Like most people, we miss contact with family and friends, but are able to keep in touch with our grandsons via WhatsApp and Zoom, even playing silly computer games with the New Zealand grandsons, which was fun.

Best wishes, and thank you for keeping the Swaffham Crier in print.

Trish Whitehead



Donations!

Many thanks to the Heating Swaffham Prior for their very kind donation to the **Crier** this month. Although we are largely funded by our Advertisers, donations are always welcome, and particularly so at the moment when many advertisers are having a hard time.

Dear Editors,

Surprise Birthday Party

What a wonderful Birthday you gave me yesterday! Cards coming all week, 37 altogether, some made by hand and the wonderful card from St. Mary's Church with no less than 13 photographs of friends there. Lovely gifts, and flowers from The Swaffhams WI and Burwell Community Choir. And to crown it all being serenaded in the road outside by I think about 15 people singing 'Happy Birthday' accompanied by Andrew with his guitar!!

I don't think I've ever had quite such a Birthday - thank you all very much indeed!

Betty Prime



Dear Editors

The Cake Fairy

What a surprise! A visit from the Cake Fairy! Many thanks for this treat to Janet Willmott and her team of bakers from the Pop Up Tea shop - such a kind thought and very welcome in this time, for us, of isolation within an already 'shielded' household.

Thanks also to Cheryl Wilding and her team of volunteers who have kindly run errands for us, and to all our neighbours for their offers of help.

What kind folk there are in Swaffham Prior.

THANK YOU ALL!

Mary and Peter Hart

Dear Editors

Thank you for the 'Pop Up Tea Shop' goody bag containing *A little something to go with your afternoon cupper!*

This was very much appreciated, – thank you Janet.

Andrew Camps

Dear Editors,

Coronavirus 19

The compact nature of our village, Swaffham Prior, suggests that we should attempt to track any local progress of the virus as far as possible. Risks are basically twofold. Firstly they relate to excursions to other villages in order to obtain food etc., or to go to work elsewhere, and these items involve the major risk. The second type of risk involves outsiders coming to the village to deliver items and to repair facilities. This will usually be a minor risk. A proper public record of virus related events could be extremely useful in establishing a better knowledge of factors such as incubation periods and similar factors.

Desmond McConnell
Baldwin Manor.

Dear Editors,

A14

I saw the news yesterday that they have finished the A14 upgrade (early, well done), and it brought home how life has become different over the last few weeks. Our radius of travel has been less than 3 miles since it all started, using the car once a week for a trip to the local Co-op, and that hasn't really bothered us, until suddenly being reminded of the Outside World - The A14? that's a road we once used to drive on... I wonder where it goes? Maybe we will drive on it again one day. What an adventure!

John Chalmers

Dear Editors,

Make a FACE MASK

Scientists are recommending the use of a face mask when out and about but these do not need to be medical masks. The purpose of a face mask is to protect others from you and if others are wearing them, you are protected.

Masks can be made from t-shirts or towels or from cotton material and details of how to do this are on www.masks4all (with NO sewing! Eds)

Roz Chalmers

This banner needs friends! Do put up your own (waterproof!) Art Work. **Sue Wade**



Dear Editors,,

Heating Swaffham Prior

Many thanks for Alastair Everitt's featuring of the Heating Swaffham Prior project in the last edition of the Crier. We enjoyed being partially quoted in the manner that we have been! Swaffham Prior, rest assured, we have received 166 confirmations in hand signed or email formats over the last few months – and will not be planning the scheme based on posters in windows. Confirming the number of houses ready to join the network is indeed our first priority to delivering the scheme. All households are encouraged to join before the network it is fully designed for the June planning application deadline. It is possible for households to join later, but there will be costs involved in connecting.

The Heating Swaffham Prior project has a foundation built upon the 'hard facts', of demand (evident by 166 homes), technology and finance (as part of the UK Governments de-carbonising heat investment strategy). We have gathered geo-physical, hydro-thermo, and heat demand data, each contributing new facts to the technology design, which is then reviewed as the number of houses grows. The Heating Swaffham Prior project is responsive and evolving, it was not born a pre-determined product, designed and fully measurable as a set of 'hard facts' for introduction to the village.

Yours Factual and Fearless,

Janet Hall

on behalf of, Heating Swaffham Prior
(For the 'fact's, please read our May Newsletter!)

Dear Editors,

....Or Not a Top Priority?

The world is in the throes of arguably the greatest socio-economic crisis in peacetime. Recently "Newsletter Number 1" dropped through our letter box from the team dealing with the Swaffham Prior Community Heating Scheme advocating 'full steam ahead' for the project .

Whatever the merits of the scheme a halt either temporary or permanent has to be called now. It is all very well to say that funding to date and for progressing the planning application has been received but funding is ultimately paid for by us , the taxpayer. I would have thought that at National, Regional and Parish level, such money as is available when life returns to some sort of normality should be prioritised to help repair damage or inactivity caused by the current crisis.

In any event the chart headed ' Who wants to to join the Network' hardly provides a ringing endorsement for the project .If one ignores the handful of new houses in Allix Grove the percentage in favour of a scheme that will only cover some areas of the village but cause considerable disruption to much of the village is well below what would be deemed acceptable in a referendum for example. Allix Grove consisting of relatively new houses is probably well suited to such a scheme whereas retrofitting older properties poses greater difficulties, disruption and cost.

I attended at least two of the meetings previously held in the Village Hall and

still remain unconvinced as to the suitability of the project for this village . For example there is not available a cost benefit analysis as far as I know . Could it be that as with many projects of this or greater size the benefits are overstated and the costs understated ? Difficult to judge when no figures showing updated projected costs have been made available

Also I am aware of the views of some members of the Parish Council about the proposals but as a body is it in favour or not of such as scheme.?

I can assure you that I am by no means a Luddite and indeed welcome innovative ideas to improve life in general .However in my view this is not one of them and is certainly now ill timed if nothing else.

Robin Mathieson

We showed Robin's letter to the SP Heating Scheme straightaway so that they could reply in this edition....

Dear Robin,

Thank you for the letter issued to the **Crier** and raising the really important points that you have.

Cambridgeshire County Council has been central to Cambridgeshire's response in tackling Covid-19. We have set up a Community Hub to secure support, networks and food provision for the shielded members and vulnerable in our commu-

nity and many members of staff at the Council have been redeployed to support the community through these difficult times.

I note your concerns regarding the economic recovery post Covid-19 and agree this is of paramount importance to consider at the same time even whilst we deal with the immediacy of the pandemic. For this reason, we are continuing to develop the project during lockdown to be ready for delivery when social isolation lifts and we kick start the economy. Projects such as this, will provide companies that have furloughed staff, the confidence to rebuild their businesses and deliver a swifter economic recovery.

The Heating Swaffham Prior project has made changes to how it works. Complying with government guidance to ensure everyone's protection has been a priority. All our public meetings have been cancelled and we have



**Aggi's
Social
Distancing
Cake**

developed the newsletter as an alternative way to speak with you and a series of children's activity books which are in production to help support parents and the schools to keep young people learning. We have worked hard to be innovative and continue with the project. For example, in the last month the project has part-employed the professional services of at least 6 companies, and over 10 individuals. Withdrawal of this project, and other projects supported by the council at this time would have serious consequences for multiple businesses and even more jobs.

Whilst we understand that for many, thinking about their heating systems may not be a priority in the present, we must all look to the future, beyond the pandemic. The challenge of climate change still remains and we must find new ways of living and working that is more in tune with our natural world, less polluting and builds a better future for our young people.. This project is looking to provide stable heating prices to those most vulnerable whilst also addressing Climate change.

From project inception, the installation of the Heating Network has worked to a fixed timeline of March 2021 as the UK Government will be ending the Renewable Heat Incentive (RHI) for new projects. RHI is critical to the overall financial viability of the scheme and pausing the scheme now, would mean that Swaffham Prior will not benefit from the work, and investment made to date and jeopardise the project. The cost benefit analysis for the project continues to develop. We can reassure Mr Mathieson that the project has undergone a number of financial and technical reviews both at Cambridgeshire Council and in Government at a number of different levels. A committee report on the detail of the project is coming forward to the 22nd May Commercial and Investment Committee.

Finally, in response to Mr. Mathiesons point about a referendum. The community heat project is an opportunity for individual households to determine whether they want to make the change from oil heating to renewable energy and the wider benefits of cleaner air, kindness to nature and reducing carbon emissions. Similar to our community driven approach with the current pandemic, working as community on a heat scheme such as this, provides us with many added benefits to acting individually.

Sheryl French, Programme Director, Mobilising Local Action on Climate Change and Energy Investment
Cambridgeshire County Council

Mailing List

Join the **Heating Swaffham Prior** Mailing list by calling Janet
(07525 943420 Mon-Fri, 12-7pm)
or emailing info@heating Swaffham Prior

Kids' Activities

Swaffham Prior activity booklets made by the heating project are available in the school portico for collection! We hope to produce a series of these during the lockdown period, contact Janet for the next edition!

Dear Editors

Very Angry of Lode

It is difficult to agree with Very Angry Jeff Kempster of Lode in his objections to the publishing of the Crier, when the government has deemed it essential to have every postman and lady deliver a letter to each domestic address in the country at taxpayer expense and which told me nothing I needed to know that I didn't know already. The Crier has published essential local information regarding the current situation, and some cheery thoughts too; both are very much needed and especially when there are people in the village who are not computer and smartphone connected, individuals living alone who are quite isolated and reliant on the kind of community support the Crier provides. Mr Kempster should be aware there are no 'regulations' which forbid the distribution of local information through people's letterboxes. Taking appropriate precautions of course. If posting the government's letter to all and sundry can be done without posing undue risk, then so too posting the Crier through every door. Our village publication is at least as essential as the '10 Downing Street' headed one, if not more so.

Mr Kempster also did not declare his involvement with the Lode Star village magazine, which has opted not to publish.

Mark Lewinski

Dear Editors,

That's an amazing lockdown Crier. Do hope there's a spare to put through Mr Kempster's letterbox.

Margaret Joyce

Dear Editors,

Distributing Village Magazines

East Cambs have advised as follows - "Public Health have confirmed that so long as sensible precautions are observed e.g. handwashing, then delivering door-to-door is fine"

Charlotte Cane
District Councillor

Dear Editors,

You Can Get Them Everywhere

In North Wales there is a tiny village on the edge of an estuary. A couple took their small sailing dinghy out for their daily exercise. Full tide, huge bay, no other boats out. A local resident phoned the police to report them. The police arrived and said no harm being done. Are there such people everywhere?

Cofion

Yes. Usually only one per village, but in Lode., the word on the dog-walk is that there are two. Eds



Notice appearing on Lode telegraph pole, but it seems that many Lode residents do not share these views. And are quite upset.

Dear Editors,

MISSING FEAST

Unfortunately there will be no Feast this year, however it would be good to think that things will have improved so that the Autumn Show could go ahead. (See Page 19) Lots of us are doing extra baking and planning to grow our own vegetables. It would be lovely to see sunflowers growing around the village and there will be classes for tallest and largest head. In addition would children like to get involved growing, squash, marrows, gourds and pumpkins. Classes for largest and most interesting shape. If there is no show however entries could be judged by photographs. Keep baking, keep gardening and keep safe.

Jenny Brand



Dear Editors,

How about a village band / song / concert in the garden in lieu of Feast Day!!
Still wish I was there

Janet Hall (Heating Scheme)

St Mary's Church **FOOD BANK**

As the Church is no longer open, and the need for the Food Bank is as great as ever, we have arranged with our lovely new licensees for a new drop off point at



The Red Lion

Dean and Emma have agreed to have the basket for contributions at the pub during their shop opening hours 12.00 - 3.00 from

Tuesday to Saturday

These will be collected by a Benefice representative on the

1st and 3rd Thursdays

of the month, starting in May.

Every good wish to you all in this difficult time.

Brenda Wilson

From our Reporter at the Parish Council Meeting

The last PC meeting was held of the 9th of April. I was invited to attend and listen in by telephone. Without sight of their smiling faces what joy could there be in that. Instead I spent all the time admiring the glorious sight of Venus from the back.

I had however made a tiny contribution to Steve by agreeing with his comment that tarmacking the village hall driveway would enable people to drive much faster resulting in the request for a speed bump. I suggested that one of the yellow and black 5mph strips should be installed. Anything less would not stop the large, getting larger, 4x4s. The extra cost could be worth it.



Because of being distracted by Coronavirus no announcement about the Gay Bulleid award had been made. This is just as well as the AVA is to be cancelled. But it proves that being distracted can leave a lot undone. And one does wonder whether the new Government was too distracted in January and February by its wish to cut the BBC down to size, reduce the independence of the judiciary, nobble newspapers, and pin a second class label onto the civil service. Was it so distracted that it missed or ignored the early warning on coronavirus, and then initially came up with “crowd immunity” as the answer. This leaves us far behind Germany, which also enjoys the power of EU bulk purchasing, which we decided not to join. Who knows?

Children are no longer at school, and several times a day will see in bright yellow and red “Stay Home” instead of “Stay at Home”. “Stay bed”, “Stay School” — where will it end?

That is only a speculation. But what is not a speculation is the danger that the phrase “Stay home” may cause. Children are no longer at school, and several times a day they will see in bright yellow and red “Stay Home” instead of “Stay at Home”. If this was done for the sign writer's benefit then he ought to be sacked. “Stay bed”, “Stay School”, etc – where will it end? And when schools return and teacher tries to correct the child they will be told “Well, the Government says that.”

And on this same concern with educational standards while schools are closed, every GCSE and A level student ought to be asked to write a critique of Boris Johnson's letter which he sent to every household. This is not anti-Boris but the same concern about bad examples being pedalled to the public and lowering our national standards. Where did these guys go to school?

But there are good things happening and one is Sandra's constant watch on all the dog poo in the village. She has done wonders. And it is now time to move to the next stage and follow the example of Cadiz. Not only do dog owners always pick up the mess, but when the dog just cocks a leg they rinse it away with a special squirty bottle. A by-law demands that all owners carry disinfectant, mainly water mixed with vinegar, so that the city does not stink of pee. She could delegate it to someone

like that ‘Put that light out’ Hodges character, from “Dad’s Army” who may be stalking the streets of Lode. And maybe other villages? Moral question:- In a crisis who is the most useful and valuable member of society – someone like Hodges, or the spiv Walker? Thoughts to the editor.

And if you really want to be happy you have a whole range of enticing wines from - “this glorious, inky, cedar and sandalwood-spiced 2015”, or “a lively stone fruit white, with a waxy spin”, or “gooseberry-green yet stylish sauvignon blanc pizzazz, with a dark passion fruit on finish”, or “makes a stunning, smoky, white flower-scented sip.” At least you will know what you drinking.

Furthermore, we no, longer have to worry, because everytime a problem is raised with a department or the government or an expert or a minister we are assured that “We are working around the clock” to fix the problem. So, that’s alright then

Alastair Everitt

PS. This was written in the middle of April (16th). Everything may have changed by the time you read it (*yes, now it’s Leave Home and Go Work. Eds*) and it will be good news all round. Do read Jude’s excellent minutes.

Alastair Everitt

Answers to April’s Figures of Speech by Bob Nunn
How many did you get?

- 1. Red Herring
- 2. Spill the Beans
- 3. Heart on you sleeve
- 4. Born with sliver spoon...
- 5. Stiff Upper Lip
- 6. Ace up your sleeve
- 7. Hold cards close to chest
- 8. The missing Sock
- 9. In a nutshell
- 10. Served on a Silver Platter
- 11. Cat’s got his tongue
- 12. Kick the bucket
- 13. All your eggs in one basket
- 14. Time flies by
- 15. Got a screw loose
- 16. Bald as a coot
- 17. Raise an Eyebrow
- 18. The Big Cheese
- 19. Pull your socks up
- 20. From Rags to Riches
- 21. The Cat’s Whiskers
- 22. Tie the knot
- 23. Being Nosey
- 24. Running on the Spot
- 25. Chasing your own shadow
- 26. Walking on Egg Shells
- 27. More holes than a Swiss cheese

This Month’s Speech Figures
Answers to the Editors for June

INTERPRET THE FOLLOWING:			
1 SAND	2 MAN BOARD	3 STAND I	4 READING
5 WEAR LONG	6 ROADS AD S	7 ↓ TOWN	8 CYCLE CYCLE CYCLE
9 LEVEL	10 O M.D. P.H.D. B.S.	11 KNEE LIGHTS	12 III I OO
13 CHAIR	14 DICE DICE	15 ↑ TOUCH	16 GROUND FEET FEET FEET FEET FEET
17 MIND MATTER	18 HE’S / HIMSELF	19 ECNALG	20 DEATH / LIFE
21 G.I. CCC C	22 PROGRAM	23 C PUNCH	24 JUST ME



Covid-19: A local GP's perspective

Q: What urgent work is still carrying on at the surgery and how have you adapted to continue working?

I walked past one of our local churches recently and there was a message on the door 'the church has left the building'. The church was trying to make the point that it was trying to deliver its functions in different safer ways because of the Covid-19 pandemic. It feels like something similar is happening in primary care.

We have postponed most non-urgent work and are essentially minimising face-to-face contacts. In my practice about half of the clinicians are now operating from home, with 'Zoom' based meetings every day. We have an isolation room and a separate clinical team that sees face-to-face contacts with patients with symptoms of possible Covid-19.

We will still see people face-to-face if necessary but whereas before, I was probably seeing 75% of patients face-to-face and doing the rest by telephone, now it is 10% with the rest split between electronic and telephone consultations.

What we want people to do is to contact us first, either electronically or by telephone in order for us to find the safest and most appropriate way of addressing your concern. All practices in the area have now opened up secure electronic portals – **Econsult** and **askmyGP** being two of the most common ones. Please check the website of your surgery for more details.

We would see these new electronic methods as additional ways of improving access to our services. **However if you prefer not to use these, it is absolutely fine to ring us in the old fashioned way.**

Q: Are you seeing fewer patients than you did before - if you are does this concern you and why? Could it lead to people putting off issues and then getting much worse?

We are seeing fewer patients than we would expect. The Covid-19 cases presenting to us seem to be a slow but steady trickle so far. Trauma cases have reduced significantly perhaps as you would expect (with no-one going out, fewer cars on the road and less contact sport) but fewer people are presenting both with urgent 'non Covid-19' conditions such as heart attacks and strokes, and with urgent symptoms which might suggest cancer.

This is the case both locally and nationally. We don't know why but we think it's because people are concerned about the risks of catching Covid-19 by accessing health services or because the thing that they may need is not available at this time – or too busy.

Q: Would you urge patients who are unwell to still contact their GP? What conditions/symptoms should alert you to pick up the phone to your doctor?

I appreciate that it can be difficult to work out what sort of problem is ‘urgent’.

Some examples of things that we want you to contact us about:

In the case of Coronavirus we are particularly looking for symptoms of respiratory compromise (for example breathlessness on exertion initially then at rest if worsening) and ‘sepsis’ (perhaps being pale, sweaty, having a high temperature or being confused for example).

However, we are finding that symptoms are sometimes more vague and difficult to quantify particularly in older and frailer people. If in doubt please ask us. A few simple checks that we can do easily will usually be enough to clarify the situation either on the telephone or face to face, or even on video link.

Any symptom that might be a presenting sign of cancer – see <https://www.nhs.uk/conditions/cancer/symptoms/>.

Emergencies (including symptoms of a possible heart attack or stroke) – please still ring 999 or 111 if you are not sure. 111 are also available online or via the NHS App.

Whilst preventing the spread of COVID-19 and caring for those infected is a public health priority, it is very important to maintain our national immunisation programmes. We are still doing all routine childhood vaccinations and 6 week post-natal/baby checks face-to-face.

Contraception: We are still delivering these services ideally through non-face-to-face’ methods. **Cervical Screening** that is due has been postponed for 3-6 months; however, this excludes women with previous high risk changes or treatment, who we would still need to see. We can offer advice for those who have coils and implants fitted.

We are happy to help with any condition that is causing significant symptoms or distress bearing in mind we are all going to be stuck in this situation for a while.

For those patients thought to be at the highest risk of complications from Covid-19 it is very important that they follow government guidance: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/875126/Easy_read_guidance_on_shielding_March_2020.pdf

We have had a lot of queries from people who feel that they should be on the ‘shielded’ list but have not got their government letters yet. I would advise that you check you fulfil the criteria on the list on the link above (which are very strict). I think most letters should be out by the end of April. We do have some limited discretion here but if you feel after reading the government criteria that you should have a letter, especially if you have not received one by the end of April, contact your practice for further advice.

In my practice we have been ringing patients on this list to check that they are OK and also to make sure that they are hooked up to local support services for example for medication delivery and shopping.

Q: With people who are reluctant to go to hospital with serious issues - are there any words of reassurance you can give that if it is a genuine emergency your best place to go to is A&E, for example?

Local hospitals have completely redesigned their processes in response to the

Covid-19 pandemic. There are separate areas and separate wards for possible Covid-19 patients. All staff follow strict infection control procedures and everything possible is done to minimise risks of transmission.

In Addenbrooke's for example there is an entirely separate area away from A&E where possible Covid-19 patients are seen for assessment and possible admission.

Whilst any hospital admission might be linked with a degree of risk from Covid-19 infection we have had a number of patients who have put themselves at risk from unnecessary complications by delaying accessing appropriate healthcare for (often) completely unrelated illnesses for example heart attacks and stroke.

A few patients have been extremely reluctant to go into hospital when they are very sick with entirely treatable problems. This includes parents reluctant to access services for their children. It would be a shame to suffer from unnecessary health consequences as a result of this.

Practices are in the best position to help you navigate the available NHS services to get the best outcome from your health problems. We are getting 10's of emails every day from the system with local and national updates.

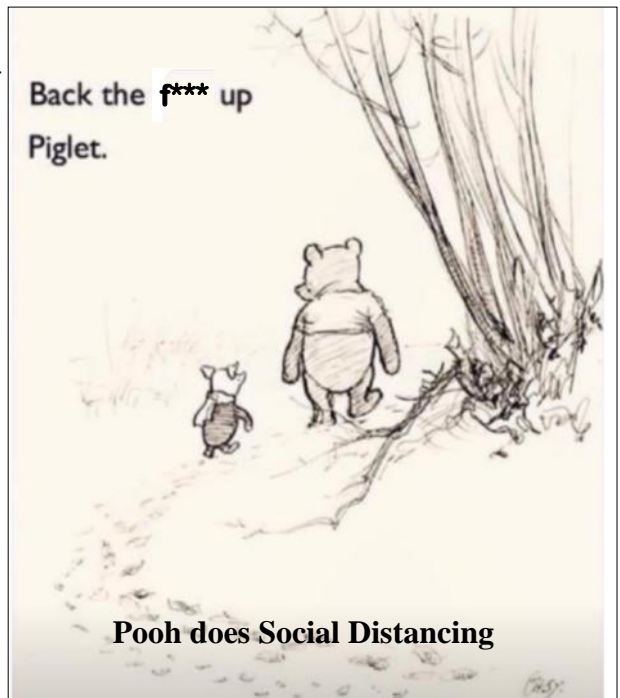
We know what is going on and we want to help you get the best care possible. My impression is that many people are being too risk adverse. I would encourage you, if you are not sure, to discuss the situation with us to let us help you make that decision.

Also, if we do recommend that you need to be seen in hospital please take this seriously. We are aware of the risks of Covid-19 and we would not be making this recommendation lightly. If you have concerns please discuss them with us

Dr Alex Manning, Partner,
Burwell Surgery



Dead Dog?! Bessie from Reach is one of the many dogs being taken out by our Dog Walking volunteers..



Stagecoach

The current coronavirus pandemic is one of the biggest challenges we've all had to face, but it has also demonstrated how well the country is pulling together to help get us through these difficult times.

I would like to take this opportunity to thank you for your part in helping us to keep operating our vital bus services safely to protect our customers and our drivers, ensuring we continue to get key workers to their jobs and help people to shop for essentials.

We continue to take the safety and well-being of you, our customers, and our people, extremely seriously. To help us keep people safe, it's vital that everyone pays attention to instructions on staying at home, only travelling when essential and following the guidelines on social distancing. Where possible please **use contactless payments** or if you do have to use cash, try and have the exact fare.

This will not only protect the NHS, it will protect our selfless transport workers who are on the front line of this battle against coronavirus and help save lives.

I am extremely proud of our “heroes behind the wheel” – our team of employees who are doing an incredible job to provide help in these challenging times. As well as providing transport links for key workers, we have people who are helping in their communities with grocery shopping, organising collections for their local hospitals amongst many other things.

Right across the country, we are taking steps to provide extra support for key sector workers. This includes dedicated shuttle services such as the Nightingale hospital park and ride service and on demand transport for healthcare workers.

We also have measures in place to support local communities, providing shopper shuttle services and helping local authorities with shopping deliveries in remote locations.

And, we're helping the supply chain continue to run, with additional bus services to food production sites and distribution centres.

I'm extremely proud of all the things we are doing to support the country at this time from working with Transport for London to run specific and dedicated shuttles for NHS staff working at the new 4,000 bed Nightingale Emergency Hospital in London, to helping Highland Council with deliveries to remote rural communities in Inverness. You can read about the initiatives in your area [here](#).

Thank you to our fantastic NHS, all our key workers and you, our customers, for everything you're all doing to help beat this disease.

Martin Griffiths
Stagecoach CEO



Where can I get some....?

A recommendation for cards etc is: Jess Shakeshaft, Independent Flamingo Paperie Partner; 01638 744266/07990 592049; jess.shakeshaft@icloud.com; www.flamingopaperie/web/jessicashakeshaft. Order on the website, from a catalogue or contact Jess directly and she will deliver what she has in stock. Good value, good quality cards of all sorts, from a lovely local lady! *Dee Noyes*

Could I ask if anybody has any 4mm **flat** elastic? I'm making some scrub hats and have run out of my supply. *Ruth*

News is that Tina's is open (next door to COOP). Apparently, she sells from the door, so you don't have to go in. Eds

PLANT DELIVERIES:

Burwell Nurseries (NorthStreet) . See Facebook or phone 07957 672434

Jersey Plants Direct 01534 871113

Aspal Nurseries 07836 246508

Happy planting

Kate Child

Snakehall farm now has salad, & greens from their own farm. All the usual summer veg will gradually be ready over the next months - mange tout peas, tomatoes, courgettes, peppers.

Also second hand BOOKS - people are missing the library & bookshops.

Celia Tyler

Got some leeks from the pub yesterday- delivered! What a lovely village.

Margaret Joyce

Haiths.com for BIRD food. Free delivery for orders over £30. No dried meal worms currently, as they come from a China - sad because, very good for young birds.

Lots of small plants - tomatoes, marigolds, herbs, and lots more at Snake Hall Farm. *Margaret. Joyce*

Fish Burwell Limited, the Fishmongers in Newmarket, are offering a free delivery service to those self isolating or unable to get out, our hours are 8am to 1pm Tuesday to Saturday then after 1pm will be delivering orders, we live in Burwell and used to have the Fish Trailer parked at Manchetts.

So if any Swaffham Prior residents would like a delivery of fresh fish, please call Newmarket 01638 664560 to place an order, the delivery is free of charge, and there is no minimum order.

Bicycles: National cycling charity Sustrans has produced an on-line map of cycle shops and repair workshops that are OPEN during the Lockdown. *According to the map, our nearest cycle sales and maintenance services are Halfords, Studlands Park, Newmarket. Several cycle shops in Cambridge are also open.*

Cycling and walking have both been mentioned by government as easy ways to get exercise during the lockdown. Cycling especially helps maintain physical distancing and is a reliable way to travel for those needing to make essential journeys.

40% of the UK's workforce count as key workers, including nurses, doctors, care workers, and those involved in food production, sale and delivery.

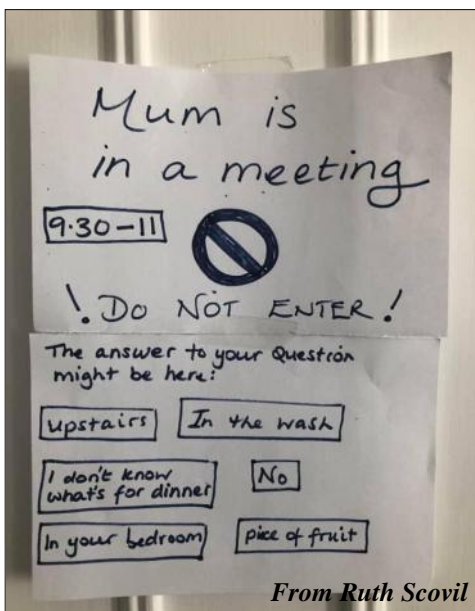
We all want to do our bit to support our front line workers who are working so hard to get us through the crisis. Together, we can help them to stay safe whilst cycling to and from work in these difficult times.

Celia Tyler

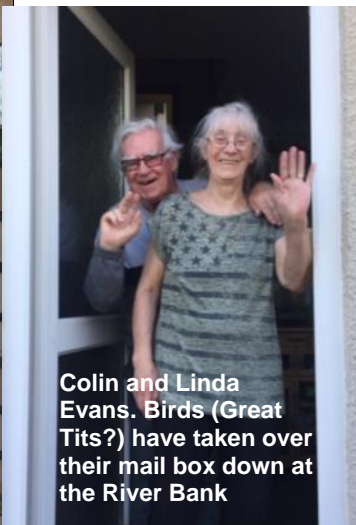
Kelly Mead found some yeast in La Hogue a farm shop in Suffolk.

Waitrose, Newmarket— queue not too long, well stocked. Click & Collect, Fulbourne Tescos, but only allow 80 item (1 Lemon= 1 item), and a great many substitutions!

Sue Wade



From Ruth Scovil



Colin and Linda Evans. Birds (Great Tits?) have taken over their mail box down at the River Bank



ANNUAL VILLAGE ASSEMBLY CANCELLED

Understandably, the Parish Council AGM on 14 May and the Annual Village Assembly on 26 May have both been cancelled. All councillors will remain in their current posts until the AGM can be held, which might not be until May 2021.

The Annual Village Assembly might be rescheduled for the Autumn, or it might not take place at all this year. This is all in accordance with the latest Government guidelines.

COVID-19 - Rachael's poem

One of a kind
Indiscriminate killer
A cure tough to find.
From Wuhan in China
New Year it emerged
Soon spreading through Europe
"Stay home" we're urged.
The young and the old
Not immune to its ravage
A death knell for many
So sudden, so savage.
The survivors locked down
In their houses for now
Sometimes alone
Or with family around
Pray hard for the sick
The lonely, the dying,
And help other families
By calling or buying.
Each Thursday on't doorstep
We stand and applaud
For the NHS workers
Battling so hard.
The doctors, the nurses
The shops who supply us
The teachers, the drivers,
All working so tireless.
Will it all be the same

When it's over and done?
For many it will be
But different for some.
We've had time to consider
Just how great it feels
To have time with our family
Which working life steals
To have time with our thoughts,
Our hobbies, our loves
Time to reflect,
So when push comes to shove,
There will be some of us
Who ask, just once more....

**What was it again,
That we were working
for?**



Rachael Ainscough

Autumn Show 2020

Coronavirus lockdown allowing, this is planned for:

Saturday 5th September

The winds have calmed and the sun has warmed the soil, so now we can all get into the garden to plant this year's crops.

Here is a list of the categories:

Vegetables: French beans, Runner beans, Beetroot, Onions, Other allium, Carrots, Potatoes, Cherry tomatoes, Tomatoes, Courgettes, Squash or marrow, Cucumber, Any other vegetables, Odd or rude vegetable, Display of mixed herbs, Trug of mixed fruit and vegetables

Fruits: Dessert apples, Cooking apples, Pears, Plums, Soft fruit, Any other fruit

Flowers: Roses, Other flowers (single variety), Mixed flowers, Sunflower, Dahlias (same or mixed), Flower arrangement, Miniature arrangement, Pot plant

And if the weather doesn't improve - make jam, chutney, cakes, bread and alcoholic beverages.

Preserved goods (and eggs): Jam or jelly, Pickle or chutney, Marmalade, Any other preserve or honey, Homemade wine/beer/cider, Eggs

Baked goods: Victoria sponge, Fruit cake, Decorated and/or filled cake, Any other cake, Bread - Hand-made, Bread - Machine-made

Get the children involved too:

Miniature garden, Vegetable or fruit animal, Decorated cupcakes, Model (from junk)

Weather is this year's photography competition theme

... and there will be a Gardening Quiz to ponder over

ENTRY IS FREE, AND EACH ENTRY EARNS YOU
POINTS TOWARDS THE TITLE OF SHOW CHAMPION

www.swaffhampriorvillagehall.co.uk

Vous first read it in the Crier....

Smokers far LESS likely to get Covid 19

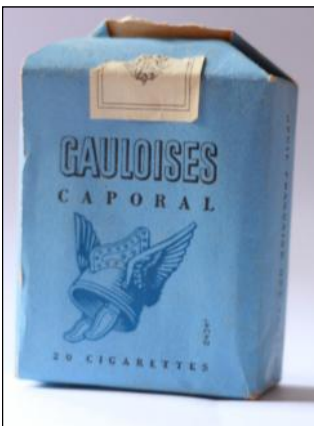
Studies from at least four countries show that smokers are far less likely to be hospitalized with coronavirus (COVID-19) than non-smokers. The first official French data on tobacco smoking covid19, which was replicated in China, Germany and United States, showed a remarkable low rate of smokers are hospitalized with coronavirus compared to smoking prevalence.

The finding in France is consistent with low rate of tobacco smokers among patients with coronavirus in China is now duplicated in the U.S. by CDC. According to [another study published on CDC website](#), researchers found that among 7,162 corona patients with medical records 6,901 were never-smokers (96.3%), 165 ex-smokers (2.3%), and only 96 smokers (1.3%).

In a different study published on [MedRxiv](#), the researchers said this: “Surprisingly, though some have speculated that high rates of smoking in China explained some of the morbidity in those patients, we did not find smoking status to be associated with increased risk of hospitalization or critical illness.” Although tobacco use doesn’t get a mention in the abstract, the results show that ever-users of tobacco are significantly less likely to be hospitalized with the virus....”



Frontline health workers and patients in [France](#) may be given nicotine patches after studies found that four times fewer smokers contracted [Covid-19](#) than non-smokers.



*It may sound counterintuitive that people who puff on Gauloises are less likely to catch a virus that can cause deadly attacks on the lungs. However, that was the statistical outcome of an in-depth study conducted by the Pasteur Institute, a leading French research centre into the disease. The French [study](#), published in April, found that the people who smoke are **80 per cent** less likely to catch Covid-19 than non-smokers of the same age and sex. Its authors — Jean-Pierre Changeux, emeritus professor of neuroscience at France’s Pasteur Institute, and Zahir Amoura, professor at Paris’ Pitie-Salpetriere University Hospital — are conducting the follow-up trials.*

ANGLESEY IN STITCHES

While we are unable to meet in person, Anglesey in Stitches knitting and crafting group is meeting by Zoom on odd-dated Tuesday evenings (8pm) and even-dated Thursday afternoons (3pm).

Our May meetings are: Tuesday 19th May, 8pm, Thursday 28th May, 3pm

The group draws its membership from the Anglesey villages of Lode with Long-meadow, Stow cum Quy, Bottisham, Swaffham Bulbeck and Swaffham Prior and anyone is welcome to join us whether or not you would normally be free to meet at these times.

We work on our own projects and are also joining in with the Anglesey Benefice quilt project and with making scrubs for local hospitals and care homes.

If you would like to join us, please email Clare Wilkes (clarewilkes33@btinternet.com) and say whether you would like to join on Tuesdays, Thursdays or both.

Clare Wilkes

PS. If there is anyone who doesn't want to join the group but is interested in making scrubs, please get in touch with Clare for patterns and details of how to get fabric and where to deliver to.

And from Roz....

As some of you may have seen, I have made some scrubs. Not special PPE, just ordinary every day scrubs, which, let's face it, are like pyjamas. I found an old pattern for 'harem' trousers (probably left over from some GCSE project) and a pull-on top pattern and I was away. I had a use for those forgotten single sheets and spare duvet covers. And I felt good, doing something useful, busy contributing. I didn't realise how useful until my Facebook plea for someone to take my efforts to Addenbrookes was snapped up in under a minute by someone working in A&E. She was so appreciative that I am going to make more.

Roz Chalmers



**Missing Scrubs!
Some readers
have taken
matters into their
own hands....**

Fosters Mill

“You’ve even managed to beat Peter’s queue at the Burwell butchers on Christmas Eve” was how one of the many patient customers who visited the Fosters Mill Shop greeted me a few weeks ago! That was the day, I am told, the queue to buy flour snaked its way towards Cage Hill! None of us could have guessed how a Pandemic would impact our lives, even as the dawning reality gripped us as our newspapers filled with reports of the virus spreading from Asia into Europe, but the last thing I would have imagined would have been a shortage of flour and the consequent reality that once again, Fosters Mill would be literally feeding our local communities; but that’s what has happened over the last month. The *Crier* has asked me to tell our story, so over the next few pages, I will share something of the last few weeks at Fosters Mill and some history of the mill which has been at the heart of our community in various shapes and forms since Doomsday!



Bourn Post Mill

Whilst the current mill dates from around 1857, there have been mills on the site for many years before then. Whilst no paintings survive, artefacts, archaeological evidence and the large artificial mound of earth on which the current mill stands all attest to the fact the site was the home of a number of post mills going back many hundreds of years. Post Mills like the one **shown here** from Bourn in Cambridgeshire were wooden structures built around a wooden post on which the whole mill was turned (by hand) to face the wind. The ‘post’ was supported on a wooden trestle which in turn was built on a

brick peers. The brick piers for the earlier post mills on the Foster Mill site were found in the foundations of the existing mill when Michael Bullied restored the mill in the 1980s and can be seen here. To ensure the post mill worked as efficiently as possible, the mills were raised up where possible to catch all the available wind. That is why Foster Mill



Original Brick Piers



stands on an artificial mound of earth, perched on the top of what is now called Mill Hill, originally in open country, away from the village. Indeed, right up to the 1980s, the mill was bordered by fields, the last being the “Middle Field” which ran from the Middle Path up to the mill. The Post Mill used ancient ‘blue’ millstones and one of these stones now acts as the doorstep upon entering the mill.

Around 1820, the Smock Tower Mill was constructed to supplement the output from the Post Mill and during the 1860s, the Foster Family purchased that mill and began milling in Swaffham Prior. By the 1840s, the Post Mill was clearly beyond economic repair and two investors, James Lee owner of the Black Swann Inn in Cambridge and Edmund Foster of Cambridge funded the building of a new mill and mill house. The mill, built by millwrights Fysons of Soham, was completed and in 1858 was tenanted to **John Danby of Swaffham Prior**. Danby passed the tenancy to Henry Galley, who after some years got into significant debt. His descendants lived in Reach for generations after, but he died and part of his gravestone lies in the Mill House garden! He was removed from the mill by bailiffs and the mill was put up for sale in 1896. Fitz Thomas Foster who was already milling at the Smock Tower Mill bought the mill and the Foster family remained owners of the mill until 1970 when Michael Bullied (*a Battle of Britain pilot, his wife Gay founded the Gay Bulleid Award. Eds*) bought the mill and began a long, careful period of repair and restoration. It is the Foster family that give their name to the new street of Rogers Road –



Fitz Thomas Foster

we see a grand looking Fitz Thomas Foster in his Sunday best.

SWAFFHAM PRIOR & REACH
EST. IN THE YEAR 1840 BY JAMES LEE & CO.
WESTLEY & SON
 Are interested by the Mortgage, to Sell by Auction on the 29th inst. at 10 o'clock, in the presence of the
On Wednesday, July 29, 1896,
 at 10 o'clock, in the presence of the
DESIRABLE PROPERTIES
 Which will be situated in a town
IN SWAFFHAM PRIOR.
TOWER WINDMILL
 Substantially-erected Dwelling House,
 Range of Outbuildings
 IN REACH.
DOUBLE TENEMENT
ACCOMMODATION LAND
 For further Particulars apply to
MESSRS. DALBANI & ELLIS,
 Solicitors, Norwich, and 9 Poultry Church, London, or the Auctioneers, Messrs. J. & W. G. Smith, Norwich.

The Fosters used the mill for much of its working life as a Gristing Mill, producing animal feed for local farmers. The Smock Tower which had produced flour for human consumption ceased working in 1927 after being damaged in a thunder storm. From then on, the Fosters worked Fosters Mill alone. When the wind did not blow, an oil engine powered the mill driving it via a large flat belt pulley system. The mill was financially supported during the Second World War and continued to work until 1946 when Sidney Foster, the then miller, decided to hang up his boots! Thankfully, living on-

site, he continued to care for the mill such that the natural deterioration of an ageing building was slowed.

Michael Bullied carried out a thorough repair programme between 1971 and 1992 and in 1992, the mill once again ground flour. Without his dedication, time, effort and amazing energy, the mill would have been lost.

When I took on the mill in 1998, we had a small dedicated group of customers who purchased our wholemeal flour along with a small group of local shops and bakeries who purchased bags and sacks for on-sale or baking. Over the years, we have expanded the range of organic flours sold and built up a loyal following of bakers from across the UK. Social media has done great things for our business and we now deliver flour around Cambridgeshire to bakeries, restaurants and shops, ship flour across the UK through our mail order business and send palletised loads to online stores and artisan bakeries. Up to the Pandemic, we were producing around 30 tonnes of flour per year – White, Wholemeal, Rye, Spelt, Plain & Self Raising and a range of blended flours. Like all other flour mills, the Pandemic and associated shortages of flour have required us to transform our production. We are currently milling around 1 tonne of flour per week. We have been inundated with orders, our mail order system was taken off-line after building up a backlog of 150+ orders, the phone rang 10+ times per hour, emails, messages, facebook – it was incredible! Things have settled down a little, but the number of customers visiting the mill to buy continues to increase!

What quickly became clear to me was that there was a huge need within our local communities for flour. Before the Pandemic, we served 10 – 15 people on a Thursday morning, recently, it has been over 125 as **the photo shows!** It has been a real privilege to meet so many new customers from the locality, to share their passion for bread baking and encourage many new people who have begun baking bread for the first time. The mill was built to serve the local community and it is fair to say, of late, it has done so again. My team and I want to thank everyone who has visited to buy flour, for your patience, interest and good humour. We hope that lots



of the people who have now experienced “The Prior’s Flour” (our brand), will continue to buy – best quality local (where possible) organic wheats, milled into stone-ground flour at Fosters Mill, Swaffham Prior.

Jonathan Cook

JULIE'S RECIPES FOR SPRING

Slow-roast shoulder of lamb with Merguez spices

- 1 shoulder lamb on the bone
- 1 tsp cumin seeds
- 1 tsp coriander seeds
- 1 tsp fennel seeds
- ½ cinnamon stick broken up
- 1 tsp peppercorns
- A pinch of cayenne pepper or chilli powder
- 2 tsps sweet smoked paprika
- 2 garlic cloves, finely chopped
- 2 large rosemary sprigs, finely chopped
- 2 tsps sea salt
- 2 tbsp olive oil



Toast the cumin, coriander seeds, fennel seeds, cinnamon and peppercorns in a dry frying pan over a medium heat until fragrant. Crush them all to a coarse powder with a pestle and mortar, then combine all of the remaining ingredients mixing into a paste.

Preheat the oven to 220c. Lightly score the meat with a sharp knife, making shallow slashes. Rub half the spice paste all over the lamb ensuring it goes into the cuts. Put into a large roasting tin and roast for 30 mins.

Remove from the oven and rub the rest of the spice mix over, add some water into the tin and reduce the heat to 120c and cover with foil. Return to the oven and cook on a slow heat for a further 6 hours until the meat is tender and falling off the bone.

Transfer to a serving plate and spoon over any remaining juices.

Green beans, new potatoes and olives

- 500g small new potatoes
- 200g French beans, trimmed and cut into 3-4cm lengths
- 2 tbsp olive oil
- 2 garlic cloves, finely sliced
- 50g stoned black olives, roughly chopped
- A good handful of basil, shredded
- A generous squeeze of lemon juice
- Sea salt and freshly ground pepper

Cut the potatoes into 2-3 pieces each and boil for about 10 mins or until tender, adding the green beans then for the last 2-3 mins.

Meanwhile heat the olive oil in a small pan over a low heat, add the garlic to soften and then add the chopped olives and remove from the heat.

Tip the oil, garlic and olive mix into the potatoes and beans. Add the basil. A generous squeeze or two of lemon juice and some salt and pepper. Toss together and serve warm. Perfect accompaniment with the lamb.

Just a week and a day after opening as the new Landlady and Landlord of the Red Lion, Emma and Dean Hilton had to shut down under Lockdown legislation. Since then they have become Local Heroes, and in this, the first of a 2-part Crier Profile interview with Mark Lewinski, we find out why.



Emma and Dean at the Red Lion

Dean: - I grew up in Clare in Suffolk,

Emma: I'm Newmarket, born and bred in Newmarket... the Cambridge part of Newmarket! I was housekeeper chef for an Italian-American family, that's where I got my cooking passion from.

D: Engineering was mainly my background, my father was a printing engineer, my mother worked in the print. I ended up working in the same company they worked for, and I was in the print trade for nearly 34 years. When I first met Emma, she was in Newmarket, and I'd moved away, to Sussex with the print, then moved back, and all I wanted to do was get into farming. I need to be outdoors. I worked in racing for a bit...we lived on New England Stud on Swaffham Heath Road. And that was sort of in the middle of nowhere.

E: - we used to walk down here, didn't we?

D: - Because of where it is, there's no local, so if we wanted a drink we might come to the Red Lion, or to the Black Horse...and then we heard The Red Lion was coming up for lease. So we thought we'd go for it. The guy at the brewery, Chris, seemed to like us, so we got the job. We were here, March 9th, opened on the 12th and a week and one day later, we were told to shut! But in that week we did quite well - we met a lot of people. It was really good, and then to have to close...

The Shop & Takeaway

So then we decided since we're not doing anything, and there's no pub in the village, we'd turn the pub into a shop. Just for essentials, milk, bread, and butter. When we came for the interview with the brewery, sort of like the Five Mile, they do boat supplies, and I said I'd like to do that...and then people wanted a bit of this and a bit of that, so it turned into fruit and veg, and meat, so we do as much as we can shop-wise, which involves going to Tesco's pretty much every day - queuing outside for about an hour.

Lovely!

And then we started doing takeaways. It saves people from the village going to Tesco's themselves and elderly people on the village can come to the shop, get a loaf of bread or a pint of milk, or some butter. The takeaways have gone down really well, so we're broadening that out a bit now.

E: To keep milk and bread and butter out the back in the kitchen, it's no bother to us, They're essentials, it gives ourselves something to do, and make ourselves known in the village, having been open a week and one day. So we go to whatever super-market we can go to, buy what we can, sell it at cost, we don't get anything out of it; if anything we lose money..we have to throw some stuff away... but we do it to be part of the village really, and get to know people. The takeaways are pretty much at cost as well. That started off with curry, Friday and Saturday, then it was fish and chips on a Thursday, this week it's aromatic duck on a Wednesday...The menu does change all the time, some times I can't get certain meats. You have to organise slots, one in, one out, only one person allowed in the pub at a time.

D: Same with the shop, it's one in, one out. There's hand sanitiser, they choose what they want, they pay contactless, they leave and the next person comes in.

E: We could do more but there's only me in the kitchen, I have to stagger it a little bit. I post the menu on Facebook, The Red Lion page, Red Lion, Swaffham Prior.

D: I write it on the board out the front. We'll get the website up in a while. No point getting menus printed at the moment, because it changes. I changed the board this morning, everyone looks at the board when they walk past, shop times 12 - 3 Tuesday to Saturday, and next door we've got the latest takeaways...And when it comes to curry night it's more detailed, what curries we're doing, and what they come with. Normally it's 6 till 9.

E: Best thing is to phone up. The menus change daily (update: at time of writing, it's now fish and chips Thursday and Friday - I checked! ML)

D: The best way to order is look at the menu on Facebook or the board, and phone up and speak to me. People call my phone and leave a message but when you're busy, you don't always look at your phone. Use the landline, 01638 745483.

We do want to do pizzas, we've bought a new pizza oven.

E: we're still practising, with that...

D: so many people want to eat round about 6 o'clock. With 15 minute slots, only one person comes in at a time, you have ten people ordering and it's nine o'clock...

E: Fish and chips is moving to 5 o'clock. I think we're working towards getting all the takeaways open at five.

D: It's time consuming! Tesco or Waitrose or wherever in the morning, take the dog out, home school the kids, get the shop open for 12, till 3; prep all the food, open at five...then it's non-stop till nine... even though we're shut we're busy. We've got barrels in the cellar, unopened...the ones that have been opened, the ales...once they're opened they only last three days, so they're just wasted...

All the beer's gone...



The Complaint

Then Easter Monday morning, the phone rang. Emma said we've had a complaint, from Environmental Health, that Friday night at half past seven the pub was full of people all sat at the bar drinking beer. And I was - really? Well what were they sitting on, and what were they drinking? We were doing takeaway service Friday night so I looked in the book. Half past seven, so and so was in here, picked up his curry; at quarter to eight the next girl came in...and we had CCTV. And so why would someone say the pub was full of people sat at the bar, drinking beer? I would like to think, maybe someone cycled past -

Emma: we notice the bus comes past at half past seven -

Dean: And I left the front door open, it it was a nice night and people come in every fifteen minutes, so someone's gone past, seen the guy stood there waiting for his curry - he was actually looking at gin bottles and talking about that.

E: He was, I remember that.

D: And I put his curry on the bar, stepped back, he does contactless, off he goes with his curry, everyone's happy. But no, apparently we're having a party full of people in the pub sat there drinking.

E: It's upsetting. Heartbreaking.

D: It is. We might as well just shut the pub. Everything here is just cleaned and dry, ready to go again. And I thought, we're trying to do something good, we're not making any money out of anything, and someone complains. So I said right, we'll shut the pub, no shop, no takeaway, just write on the board at the front, 'Pub shut'! And that was it. And then people were, are you ok, you ok? What's happened? And we were telling people, and so many people were supporting us, phoning us, texting us, telling us on Facebook

E: The whatsapp group in the village....

D: Saying you were doing a great job... We were only shut for two or three days. I took the dog for a walk one morning and I said to Emma, it's not fair on everyone else, we get one person complain, we don't know who, it might be someone got the wrong idea... you don't know, that's the thing. You can't go up to them and say, why did you say that?

It's not really fair on everyone else to shut up the shop and stop the takeaway service. Environmental Health got back in touch and said everything's fine, we're not going to pursue it, carry on. So we opened again on the Thursday.

E: Back to Tesco on Thursday, queued up! (laughs) back in the routine..

D: Because of everyone else, the support we have got, it's not fair on them, is it? I was even in Tesco, and ladies from the village recognised me and were calling across the aisles, saying 'you're doing a great job, keep it up! So we opened up again,

E: I'm really glad we did.

Dean: And so why would someone say the pub was full of people drinking beer? Maybe someone cycled past...

Emma: We notice the bus comes past at half past seven...

D: I think when we do open up again as a pub we will have a lot of the village support us, 99% of the people appreciate us as a shop and a takeaway. I love it! They come in, they want a natter...it's nice, and it gives us something to do...

Emma and Dean Hilton

From an Interview with Mark Lewinski, April 20th

Part 2 - The Presence - next month

Reasons to be Cheerful

It's QUIET!! The lack of traffic through the village makes me think of the old photos in the Red Lion, with small children playing in the street. I'm sure life wasn't exactly rosy back then, but it will have had a simplicity of issues to be resolved and solutions available, rather like now.

It's sociable. We chat (from our side of the road) with more neighbours, villagers and random passers-by in a day than we would otherwise in a month, and speculate on the identity of folk we nod to as we pass by on the Dyke or Barston Drove (seen them yesterday – I wonder who they are?). Maybe we will even get round to asking them...

We live in the country. We all know how very fortunate we are in that respect, being able to walk out safely and without risk to others through spring countryside, as far as we like in almost any direction, and listen to the skylarks. And so far the weather has been wonderful.

Local heroes - candidates for our thanks that spring immediately to mind include:

- Everyone involved with Plumb's Dairy (not yet missed a delivery)

Ems and Deano at the pub for all they are doing (and especially the curries).

The staff at the Burwell Co-ops, Lane's bakery, and Peter Curtis

Kamal and Bal at the shop in Bulbeck, who always seem to have everything in stock, deliver my newspapers and manage complicated posting of curious packages to our remote children. (It's the perfect justifiable trip – walk to Bulbeck for exercise and buy food at the same time.)

Delivery drivers and refuse collectors

Everyone in the village who is helping other people

and of course the editors and distributors of The Crier

Good health (so far). I am very aware of being particularly fortunate in having good health, a comfortable house and garden, no longer need to worry about work, and have a range of projects and entertainments to keep me occupied. The latter is fortunate because at my age I may be one of the last to be allowed out to the pub when the restrictions are relaxed.

Being able to contribute myself in various way, mainly practical fixing jobs (but I can't sew or bake...). I'm thinking of setting up the Swaffham Prior Repair Shop.

Optimism that the village will be an even better place to live when it's all over.

Meanwhile, one of our assets is an outbuilding with power, plumbing and WiFi (formerly my office, now a bunk room for family overloads). It might be of use to someone in the village now having to work from home but needing somewhere a bit quieter from time to time.

John Chalmers

LOCKDOWN

The surprising thing is how much I like it.

The lack of traffic. Just the occasional care-worker come to see some old lady or gentleman. I walked down the middle of the High Street, because I could. Was there always so much birdsong, but we didn't hear it with all the cars, how busy we were? Or is it that the birds can breathe in the new, clean air?

Well done, whoever put up those little posters: *Not all super heroes wear capes*. The people next to the village hall holding socially distanced court with their evening glass of wine. I didn't expect so many to clap for the NHS. Whoever it was who set off rockets, thank you. There are so many more people out walking, and on bikes.

This plague would have been worse if it hadn't arrived with spring, more fully green and alive with each day.

Some things are sad. The empty buses. The gate across the church door. Locking children out of the playground.

Surprising how quickly we have become accustomed to it. Social distancing will be here for months, maybe years. But I would like to see our daughters, not just by Zoom. And would like to fly to Crete.

Waking up on Wednesday morning thinking, this is the day of our weekly supermarket visit. Planning the meals, we will make together. Getting in shopping for confined friends.

I don't like my bush of grey hair, have ploughed through *Wolf Hall*. I'm probably drinking more than I should. We watch the six o'clock news.

And we should recognise this lovely village is a bubble, with most of us safe. We have gardens, can walk in the country. Those who have come, from all over the world, to keep our hospitals and retirement homes going are the ones dying. When we get through this – and pray for an effective vaccine – may we hold on to the strengthened sense of community, and build a world less divided between the haves and have-nots.

Michael Hargreaves



Ms Wybrew and Barbara Frost have been looking after key workers' children at the school.

Surrounded by Verse

I think I'll write a poem today
When I've decided what I have to say.
I'll settle the metre, form and foot
Then turn my attention to the subject, but
Will it be elegiac, or perhaps a lay?
Hmm, I think that's quite enough today.
Tomorrow I will start again;
Perhaps it might be a quatrain.
But then it could have a pastoral theme,
And written as though I'm in a dream;
With a leaning towards the metaphysical

Hinting it might be absurdly quizzical
Or will it be a triolet?
How can I tell? I haven't started yet;
An elegiac theme - - just - - might- - -?
But I'll think about it overnight
With a madrigal I could get in deep;
But first of all I must get some sleep.
Better yet; I'll go modern; use irregular
rows,
And just write something in disjointed
prose.

Ophir

Reversing the metaphor

Be warned that your address book has been hacked.
You can't be sure there's not a phishing scam
In every message from a known contact.
You need to run a trustworthy program
To disinfect attachments. Don't just click
And open, there are trojans in that spam
And in no time your software will be sick.
Bots may corrupt your files even as we speak
And worms create a botnet through your mail.
This stuff was written by a master geek,
The best of firewalls seems doomed to fail.
You think, because you're backed up to the cloud
You'll shrug off an attack from this malware.
Don't be so smug, my friend, in every crowd
Is ransomware, just hanging in the air.
Once spyware finds its way to your hard disk
It replicates itself and overwrites
Your coding with its own and there's a risk
Your system will be swamped by gigabytes
Of mischief and shut down, turn out the lights.

Wulsin

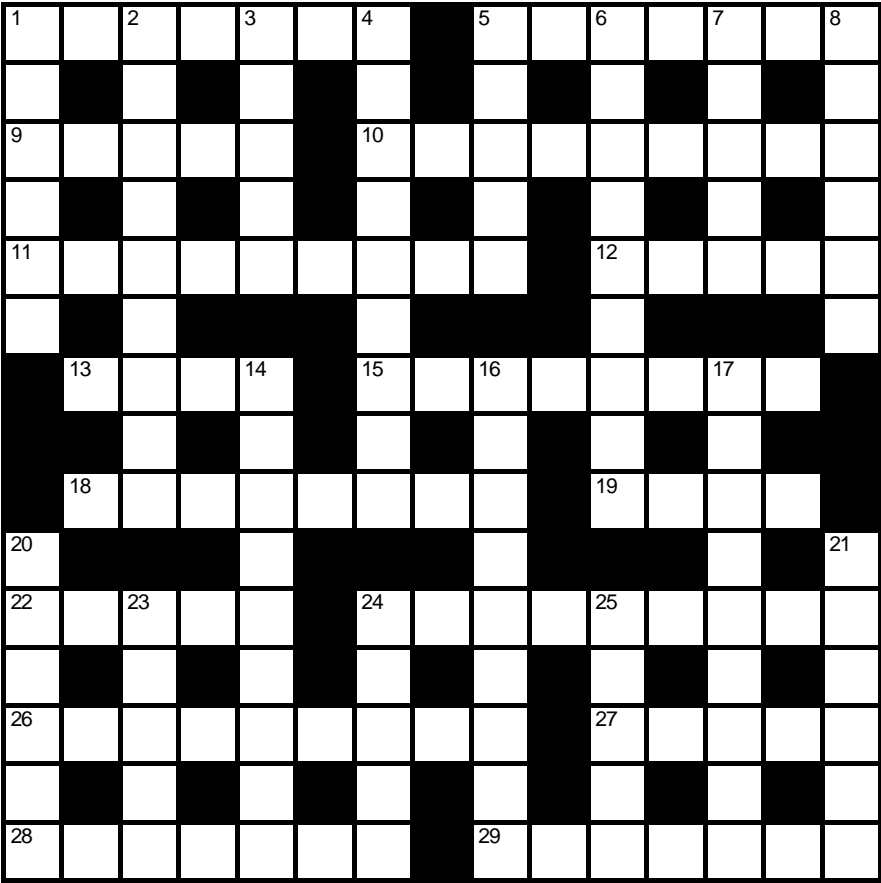


Reach Lode

Crossword Number 175

Compiled by **NIBOR**

This month’s puzzle is a simple cryptic crossword. Send your answers to the editors by 22nd May 2020. The first correct solution out of the hat will win a £20 meal voucher for the Red Lion—see the pub manager for full details.



Name:.....

Address:.....

.....Tel:.....

Across

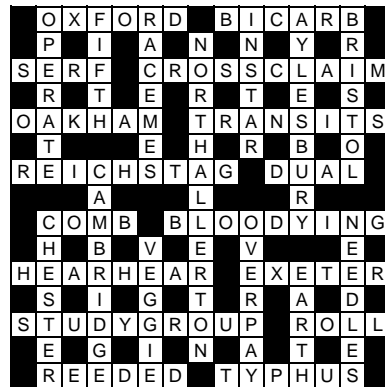
- 1 Hostilities over, conceal whip (7)
- 5 An area far from the sea (7)
- 9 Cleric finds an outstanding swindle (5)
- 10 Rough fighter (9)
- 11 Schedule in favour of weight? I object! (9)
- 12 I'm going to the bottom of the sea to find plant (5)
- 13 Odd ball or eccentric leaders may play this (4)
- 15 Dawn comes breaking with guilt (8)
- 18 Frank sees clip exploding in doorway (8)
- 19 Eastern boy goes back to valley (4)
- 22 Swayed and chanted about cow's tail (5)
- 24 Sports equipment requires a belt loop arrangement (4,5)
- 26 Drift then dash to beach (9)
- 27 I do business to perfection (5)
- 28 Sea eagle stuck in fermented beer forever (7)
- 29 Turn away from strange nature study on this day (7)

Down

- 1 Instructions to change price before end of June (6)
- 2 Oxbow wind changed floral display (6,3)
- 3 Old Penny leaves banquet to be near bull (5)
- 4 Mysterious magic net I mended (9)
- 5 Initially, Middle East rebels get everyone to unite (5)

- 6 Noble died if gin cocktail consumed (9)
- 7 These days go to a party spontaneously (2-3)
- 8 Make fun of French trip (6)
- 14 Teach points to illuminate points (9)
- 16 Shy ring leader open after crushing tin (9)
- 17 Semi sapper in bed and cross (4-5)
- 20 Soul trio leave hypocrites reeling (6)
- 21 Does every person look old? you start to spread out (6)
- 23 Tradition in the American era (5)
- 24 Small bottle file reportedly (5)
- 25 Race to find hot Ribena contents (5)

Solution to crossword no. 174



We congratulate Julian Luttrell, the winner of last month's competition, who will receive his prize certificate from the editors. Honourable mentions go to Chris & Mike Carrington, Martyn & Debbie Clark, Sue Jackson, Robert Nunn and Trish Whitehead.

The Swaffham Prior Volunteer Group

The Swaffham Prior Volunteer Group is now registered with the Cambridge County Council and East Cambridge Council's online directories of volunteer and community groups. We hope this would be one way of reaching vulnerable residents, or those who may be "slipping through the net". One of the established principles is that people will be helped by a volunteer as close to them as possible. This enables the council's to link in with our group if and when they receive requests that matches the services and support our group offers. The directory is also open for the public, which means that individuals can also contact us direct. The links for these are below.



The group have also been invited to be part of the East Cambridge Parish and Community Leader Forum, which meet a couple of times a week via skype/zoom to discuss areas of concern, and also to join forces and get updates from all of the local surrounding volunteer groups. I hope to be able to give more of an update on this next time.

The WhatsApp group has recently split, so that there is now also a group for general chatting, there is a link to this that has been posted on the Swaffham Prior Notice Board group. This is great for those who would like to keep in touch with each other during this time, but also allows the volunteer group to stay focused. Just to remind everyone, the services offered by the Swaffham Prior Volunteer Group are help with shopping or essential goods, collecting prescriptions and we are also always available for a friendly chat. If there is anything else that you might need, however do not hesitate to get in touch. I personally would like to thank Margaret Joyce, for her continued effort in talking with our residents as often as possible. We think communication really does go a long way. Please get in touch if you would like to volunteer, or if need anything, Cheryl Wilding 07825787896.

Links:

www.cambridgeshire.gov.uk/cambridgeshire-online-directory

www.eastcambs.gov.uk/content/help-community-groups-and-volunteers

Cheryl Wilding

BON MOT NUMBER 107

**"In the field of observation, chance
favours only the prepared minds."**

Louis Pasteur (1822 - 1895)

The Reading Group Reads....

All the Light We Cannot See

by Anthony Doerr,

It was a brave move from Caroline to suggest we held our Aril meeting online using that wonderful tool Zoom. I think she was unaware of how inept some of us could be when invited to join her. She and I were there at 8pm, but we had to use the telephone to summon everyone else. Some weren't having anything to do with it, some couldn't get in or dropped out or be heard but after an hour of attempting to get us all on line and after having to restart the meeting three times, most of us were finally there! And so to the book, you would think. But no! There were several matters of much more importance to discuss. Had we all got our wine? Were we all safe? Any good coronavirus tales to share? What has been going on in the village? So much to catch up on. Yes, we got there in the end and discussed the book and Alastair's emailed comments (see below). All agreed it was a brilliant book, every page worth reading although some were disappointed by the rather unnecessary final chapter. (*Absolutely, Polly the Pup chewed it up. Eds*)

All agreed it was a brilliant book, every page worth reading, although some were disappointed by the rather unnecessary final chapter.....



Unnecessary final chapter...

Roz Chalmers

From Alastair.....

"It is a great book. Great style. Very short chapters. I was quite put out when he had a chapter of 5 or 6 pages. It is the most wonderful piece of writing, with the most powerful descriptions in the shortest possible space. Such as the flight from Paris. Many of these. And at other times very funny, possibly very accurate, such as The Proposal (p.248) when the women discuss what they do against the occupation. (It could have been men - or could it?) and just as Waterland slipped in information about eels, so Doerr does with snails (p284).

I loved his challenging style which can bring you up short and make you think. Such as "A dozen pigeons roosting on the cathedral spire cataract down its length and wheel out over the sea. OR "her eyes are bright tunnels". Or "The fires pool and strut; they flow up the sides of the ramparts like tides."

The last part in 1974 is the only controversial part as everyone I know who has read the book finds this unsatisfactory. Why do it? The question is whether the publisher, his editors, advisers, his wife, suggested this. I think it was Doerr himself."

This months book: "**The Stamboul Train**" by Graham Greene

Take part in Arthur Rank Hospice Charity's first ever Virtual Star Shine Walk!

Arthur Rank Hospice Charity is delighted to announce that its Star Shine Walk will still take place this year... becoming a virtual event for the first time ever! This new version of the popular memory walk, sponsored by the Cambridgeshire Care Home, invites participants to accumulate 20,000 steps between 23 May, and 6 June 2020.

Now in its twelfth year, Arthur Rank Hospice's annual Star Shine Walk usually brings together in the region of 500 people for the walk, many of whom choose to walk in memory of someone they love. The well-loved event is historically one of the Hospice's biggest fundraisers, having raised over £375,000 during its eleven-year history – thanks to the enthusiastic sponsorship efforts of the walkers who take part. Events Officer, Angeline Liles comments:

"Anyone can take part, wherever you live! We're especially thrilled to be able to still offer this special event to our loyal supporters, many of whom take part year after year. The money raised through sponsorship is absolutely vital for ensuring Cambridgeshire's Hospice can keep caring for those who need our services, which are all free of charge to the 4,000+ patients we care for each year. At this time our normal fundraising activities have been hit hard, and yet it's a time when we need to raise more funds than ever."

20,000 steps is the equivalent of the 10 mile route originally planned for the event, which would have wound around the iconic streets of Cambridge. It is a significant challenge but has been designed so that it can be achieved in line with the Government's latest guidelines around exercise.

Star Shine Walk would normally raise around £40,000 each year. The Charity have set the ambitious target of having 400 people take part, each raising £50 in sponsorship from friends, family, neighbours and colleagues, in the hope that at least £20,000 can still be raised.

Later in the year, the Charity will host an official Star Shine Celebration Evening at its Shelford Bottom home - where finishers' medals, belated hot bacon rolls (!), memory arch photos and the recognition of individual and collaborative achievements will be the order of the day!

To find out more or register to take part as an individual, a family or a household, visit starshinenightwalk.co.uk. If you would like to support Star Shine Walk but are unable to take part, you are welcome to donate to the event or a participating team at justgiving.com/campaign/starshinewalk2020. To explore other ways you may be able to support this year's virtual version of Star Shine Walk, please contact on fundraising@arhc.org.uk or call the events team on 01223 675888.



Numbers Quiz

This quiz contains no mention of coronavirus.
Answers to the Editors for next month.

1. Which of these lasted longest?

1. Wars of the Roses
2. Reign of Queen Victoria
3. The time taken for Saturn to orbit the sun
4. Time since first human went into space

2. Which of these is the most numerous?

1. Human population of Ghana
2. Number of shipping containers in the world
3. Estimated world population of Water Buffalo
4. Number of new motorbikes sold globally per year

3. Which of these is the least numerous?

1. Maximum number of seats at the Royal Albert Hall
2. Number of grains of sugar in a teaspoon
3. Population of the Falkland Islands
4. Number of species of beetle in the UK

4. Which of these is the greatest distance?

1. Length of the Kazakhstan-Russia border
2. Average distance cycled in the Tour de France
3. Direct distance from Cape Town to Cairo
4. Length of the 2016 Dakar Rally

5. Which of these is the tallest?

1. Height from surrounding plateau to the top of Mount Kilimanjaro
2. Distance from the bottom of Mponeng Gold Mine to ground level
3. Height of Mount Washington, the highest point in NE USA
4. Height of Olympus Mons

6. Which of these is the shortest?

1. Sagrada Familia Basilica in Barcelona
2. Sydney Opera House
3. Beachy Head cliff on the South Coast of England
4. Blackpool Tower

7. Which of these is the smallest amount?

1. Highest price for a sculpture sold at auction
2. Cost of a SpaceX Falcon 9 rocket launch
3. Price of an Gulfstream G650 private jet
4. Cost of building the Shard in London

8. Which of these has the least mass?

1. The Hubble Space Telescope
2. London bus (New Routemaster)
3. 1.5MW wind turbine blade
4. Adult male African Elephant

9. Which of these is the longest period of time?

1. Time since the birth of mathematician Hypatia
2. Age of oldest wooden wheel
3. Age of the earliest city
4. Time since first humans in South America

10. Which of these has the shortest time?

1. Period of Jupiter's orbit
2. Lifespan of horse
3. Period of Ceres's orbit
4. One average human generation

11. Which of these has the biggest volume?

1. Water in the Atlantic Ocean
2. Water on Titan (moon of Saturn)
3. Water in the Pacific Ocean
4. Water on Callisto (moon of Jupiter)

12. Which of these is smallest?

1. Capacity of a typical household bucket
2. Capacity of a water cooler bottle
3. Capacity of a Methuselah wine bottle
4. Volume of blood in an average human

Although, the coronavirus is causing death and disruption across the whole world, we have been hugely heartened locally by all the people who have come forward to help in their community – thank you to everyone who is volunteering, our local pubs and shops who are working to keep us supplied with food and medicine, and to everyone who is allowing their neighbours to support them to stay at home and protect themselves and the wider community.



All of us owe our thanks to the staff of the NHS and care workers who are working through this crisis to treat the sick, care for people and maintain maternity services. As well as showing our appreciation by clapping on Thursday evenings, we can give money to support them, for example through NHS Charities Together - <https://www.nhscharitiestogether.co.uk/>.

We also owe our thanks to other workers who are continuing to work – everyone keeping food supplies going and food shops open; public transport staff; Council staff and the refuse collectors. These workers, together with NHS staff are disproportionately low paid, immigrants or Black Asian and Minority Ethnic British citizens. People who in better times were too often taken for granted, refused pay rises, or told to ‘go home’. We hope their service to us all in these difficult times will be properly recognised when the virus is brought under control.

East Cambs District Council staff are working to deliver services, from housing through planning and licensing. The refuse team are collecting all our rubbish, including green bins, as usual. Grants have been paid to local businesses who have had to close during the crisis. Now the government has changed the law to allow decisions to be taken at remote meetings, plans are being made to allow meetings. The first such meeting was Planning Committee which met remotely on 20 April. We are pressing for other Committees and Full Council to follow so that we can ensure services are maintained and that preparations are made to ensure local residents are supported through the crisis and supported back to prosperity when the lockdown ends.

We are always happy to be contacted by phone or email:
john.trapp@eastcambs.gov.uk 01223 812120
charlotte.cane@eastcambs.gov.uk 07976 607512, m.me/charlottecanelibdem.

Contact us about anything – we may not always have the answer or be able to help you ourselves but we will do our best to find someone who does know and can

help. We are also holding remote councillors' surgeries every Tuesday between 6.30 -7.30, you can book an appointment with us at by emailing John.

We will have a virtual meet your Councillor on 19 May from 7.30, using Zoom. If you want to join us for a general chat, just follow this link – <https://us04web.zoom.us/j/74880586863>.

Please also keep in touch with family and friends by 'phone, email and social media. It's important that we keep up our social links. Please make sure you care for yourselves and your families and neighbours and follow the Government Guidance at - <https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response> and NHS guidance at <https://www.nhs.uk/conditions/coronavirus-covid-19/>

There is much to see and do in our gardens and on our daily exercise, with nature changing daily as Spring develops. Charlotte works for the local Wildlife Trust, who have some great ideas for how to enjoy nature under the current restrictions - <https://www.wildlifebcn.org/explore/connecting-nature-home>

News from Bottisham Medical Practice Patients' Participation Group

Practice Information: In these difficult and changing times please check the Practice website for up to date details of how it is working to enable us to make the best use of the service. See message below regarding use of the dispensary and medication delivery.

Help to Ease Pressure on the Practice: Think carefully before contacting the surgery and be clear what the problem is. It helps if you write down your symptoms before phoning so that you remember everything. Expect there to be a wait before the phone is answered, your patience is appreciated.

Grateful Thanks: To Meeting Point, Bottisham, for their generous contribution to the purchase of the Doppler Machine

Walks for Health: These are cancelled for the time being.

Next Patient Participation Group Meeting: To be arranged in due course.

IMPORTANT: Message from the Practice:

Bottisham Medical Practice Dispensary has been experiencing unprecedented demand on its service along with resource issues due to the current Coronavirus pandemic.

We are having to make some significant changes to how we work in order to continue to provide this essential service to our community and ensure we are keeping both patients and staff as safe as possible.

The turnaround time with immediate effect for repeat medications will now be 5 days.

The dispensary will continue to deliver repeat medication to the Post Offices and ask those patients who are currently registered for this service to continue to use. The delivery to the Post Office will continue to be every Friday. Those patients who are having to shield and are recorded as having Post Office deliveries will automatically be changed to a home delivery. This then means we have capacity to deliver all other prescriptions direct to patients' homes with the help of some local volunteers. If you are not in when we attempt to deliver we

will leave a note requesting you to pick up your medication from the practice.

Help us to help you by only ordering what you need off your repeat prescription. Please do not stockpile your medications, it is not necessary. Please do not chase up your repeat medication unless it has been more than 5 days from request.

All urgent acute prescriptions will need to be picked up from the practice after 5pm that day. All non-urgent acute prescriptions will need to be picked up after 2pm the following day. The GP will advise on whether it is an urgent or non-urgent prescription and when to pick it up. Please do not come before this time as it will not be ready. If you are shielding or self-isolating and are unable to leave the house to collect this you will need to arrange for a friend or family member outside of the household to pick up on your behalf or contact a volunteer in your area who will be able to help. This dispensary will be open from 2pm to 5pm each day for acute medication collections and those repeat medications where you have not been in to receive delivery.

If you are shielding or self-isolating and you are having difficulties getting the help you need, please phone the practice and ask to speak with our Social Prescriber who will be able to help get you the help you need.

The practice is still providing GP services and we would like to remind people, who have any acute conditions which are of concern, to still contact the practice so we can review and refer where appropriate, ensuring you are getting the medical attention you need.

We would like to say a huge thank you to all those who are volunteering their services to help the practice as this is the reason it is possible for us to offer a delivery service.

Lastly, we would like to say a huge thank you for all the donations of PPE and small luxury items of chocolates and plants to the practice, we have been touched by your generosity and apologise we have not able to make a personal written thank you to individuals. It is hugely appreciated by all the staff and has really helped in maintaining staff morale at this challenging time. We really appreciate how lucky we are to work in a community with such a cohesive and proactive local support network. The community is doing an amazing job of looking after each other.

With best wishes to you all during these difficult times. Stay safe.

***Rowena Pilsworth, Practice Business Manager
And all the Partners and Staff at Bottisham Medical Practice***



Mothers' Union

Sadly, all our meetings and events are cancelled for the foreseeable future. The Mothers' Union has produced a website page with a variety of resources to help everyone pass the time whilst we are experiencing social distancing or self-isolation.

[https://www.mothersunion.org/resources-support-us-challenging-](https://www.mothersunion.org/resources-support-us-challenging-times)

[times](https://www.mothersunion.org/resources-support-us-challenging-times)

Blessings from the Anglesey Group to all readers

Ann Langran

Arthur Rank Hospice Charity issues SOS!!

Cambridgeshire's only adult Hospice has issued an urgent 'SOS!! Support Our Services' appeal in response to the devastating impact COVID-19 has had on the Charity's ability to fundraise for its vital services this year.

The Hospice provides care and support services to patients with an advanced serious illness or a life-limiting condition, and provides end-of-life care, typically to people who are in the last two weeks of their life. In response to the COVID-19 epidemic, the Hospice has had to reduce many of its services to protect the safety of its patients whilst simultaneously refocusing on the core healthcare needs of the County.

In just one month (from February to March 2020), demand for the care that the Charity provides within people's homes (observing strict infection control procedures) has increased, as seen in the 61% increase in the number of referrals to the Hospice at Home night service. Despite the difficult circumstances, in March the Inpatient Unit still provided care to 27 patients with complex end of life needs, alongside 19 patients in nurse-led beds.



Strict restrictions have had to be introduced for visitors to the Inpatient Unit and care staff across all services are struggling with the harsh reality of not being able to offer a comforting hug, or a hand to hold, to family members and their loved one, at moments of heart-breaking loss.

The Hospice's Voluntary Services team's newly launched 'Caring Communities' scheme has moved to offering their services over the phone, and have additionally introduced a new telephone befriender role to support Arthur Rank Hospice patients at risk of loneliness and isolation. Retired staff, GPs and student Doctors have volunteered for clinical roles and administrative and fundraising staff have been redeployed to further support clinical teams. Local businesses have rallied around the Hospice, donating essential items such as PPE for clinical colleagues and iPads for patients enabling them to communicate with loved ones.

The clinical team are working closely with Cambridgeshire and Peterborough Commissioning Group (CCG), Addenbrooke's Hospital and social care networks to ensure the Hospice is doing everything it can to support the healthcare needs of the wider Cambridgeshire population.

None of what is happening now would be possible without the dedication, commitment and generosity of the local community, who passionately support the Hospice to fundraise £3.98 million each year, .

To find out more about, or donate to, Arthur Rank Hospice Charity's 'SOS!! Support Our Services' appeal, please visit arhc.org.uk/sos

Notes from the Parish Council meeting

Thursday 9th April 2020

Mr John Covill (Chair) chaired an online meeting through Skype at which were present eight Parish Councillors and one member of the public. The meeting started at 7.30pm.

It was explained that meetings will take place via Skype for time being so that the social distancing restrictions are observed. Cllr Kent-Phillips read out amendments to the Standing Orders to cover the new format (see website for full document) and these were adopted unanimously.

Reports:

East Cambridgeshire District Council (ECDC) was represented by Cllr Charlotte Cane, who apologised for the lack of a written report.

The bus, cycling and walking route questionnaire deadline had been extended to 31st May 2020 and participants are to be encouraged to fill it in online. All the meetings for this have been cancelled in light of the coronavirus lockdown/social distancing rules.

ECDC employees are working mainly from home, but the normal telephone numbers are being answered and the Cambridge County Council telephone number was available for reporting problems over Easter.

The ECDC Planning Committee intend to have its next meeting online via Zoom on 20th April 2020.

ECDC have paid out quite a few small business grants. CC urged any small business that may be eligible to get in touch with the ECDC. Small business rates should be revised down to £0 for this year.

ECDC working with CCC are setting up a website to provide details of community groups contacts for people in need of help. CC stated that there may be grants available for community groups e.g. to help with the cost of petrol for people acting as collectors or to pay for small scale food parcels.

The Chair asked if ECDC were still collecting fly-tipping? Cllr Cane said yes, but at present they were not searching the rubbish for clues as to who had left them.

Matters arising from previous minutes:

Cllr Durrant noted that the Village Hall had contacted Meads and the tarmacking of the driveway would go ahead once the coronavirus lockdown had lifted. Cllr Latchford asked which PC budget the funding would come from and Cllr Kent-Phillips confirmed it would be the 2020/21 Maintenance budget.

Cllr Durrant also noted that the Village Hall had been in touch with the chair suppliers but that they were currently out of stock

Correspondence for consideration/circulation:

An email had been received suggesting the taping off of benches to prevent their use during the coronavirus outbreak – after discussion, it was decided that such action would not be appropriate at the time being, but to monitor the situation.

A second email from Street Works outlined the proposed closure of the junction

of Rogers Road and Lower End from 8th-12th June 2020. Cllr Camps noted that bus routes will be diverted up Rogers Road and that this would affect the residents, who should therefore be made aware in advance so that, for example, they can arrange that cars are parked off road. It was decided that the Clerk should reply to Street Works, suggesting that they contact the residents of Rogers Road.

Consideration of planning applications received:

a) 20/00432/FUL 26 High Street, Swaffham Prior, CB25 0LD. Conversion of an outbuilding to a dwelling with a porch extension and associated works.

Cllr Greenfield attempted to telephone two parishioner who had expressed an interest in this item, but was unable to contact them; however, an email listing their concerns had been circulated prior to the meeting. Two concerns from this email were discussed – the proximity of the new development to the neighbour building that contained a 16th century inglenook and chimney and potential damage to these, and the possibility of damage to tree roots from the footings to trees growing along the boundary. As the developer who seemed happy to make adjustments, it was proposed that the PC respond to the planning department, saying that conditions of protection for the chimney and the trees should be included as part of granting permission.

b) 20/00248/FUL 3 Tothill Road, Swaffham Prior. Single storey side extension – approved.

Noted.

Annual General Meeting and Annual Village Assembly:

It was agreed that in light of the Government latest advice, both the AGM and AVA be cancelled for 2020 and that the present PC positions of Chair etc be extended for 1 year until the AGM in May 2021.

Accounts for payment:

These were agreed and it was also agreed that for the next three months, bills should be paid by BACs wherever possible.

Cllr Kent-Phillips noted that the PC laptop purchased for the use of the Clerk had cost considerably less than the £400.00 budgeted.

Granting an exclusive right of burial (1 plot):

This was agreed.

Granting permission for erection of two grave memorials:

These were agreed

Clerk's report:

Kevin Drane, the Tree Officer, had been emailed regarding the cemetery yew trees – he will look at them once the lockdown restrictions are lifted. Likewise, Eastern Tree Surgery have been contacted regarding the vegetation to be removed from the cemetery and will tackle it when allowed.

Andrew Noyes had been contacted regarding changes to the cemetery map and is looking into them.

The new PC laptop arrived and is in use.

Bills for the Garden Allotment Plot rents were sent out and two payments

received. The Allotment course has been postponed until September 2020.

Mrs Joyce has been given the go ahead for the purchase of wild flower seed and a tree as proposed for a Village project in February,

The latest grave had been left with the backfill right up to one edge; the Clerk emailed the Funeral Directors concerned asking them to tell their grave diggers to ensure that topsoil is left centrally on the plots.

The Clerk noted the PC needs to remind funeral directors, CGM and any other contractors to maintain social distancing, for example when cutting the grass.

Parish Councillors' reports:

Cllr Gynn noted that the cemetery bins were being used to dispose of non-cemetery waste.

Cllr Latchford noted that the tarmacking of the Village Hall driveway was taking place in a conservation area and therefore should be discussed further. Cllr Durrant noted that the proposed tarmacking had been discussed with the ECDC tree officer and been given the go ahead as acceptable.

Cllr Greenfield reported on the heating scheme. The meetings that were to take place at the end of March had been cancelled, but the pre-planning was submitted, surveys were taking place and grants received. Cllr Kent-Phillips asked if the scheme was no longer using gas, as the latest leaflet distributed said that it was fully sustainable and Cllr Greenfield confirmed that the water was to be heated by solar and ground source heat. Cllr Latchford asked who and what government interest had been shown in the scheme and its meetings. Cllr Greenfield stated that the scheme would need political awareness and clout for aspects of it to continue and will provide names at a later date.

Open question time:

Michael Limb noted fly-tipping had taken place in the first layby on Heath Road and thanked ECDC for continuing to provide green bin collection at a time when other District Councils were not.

Cllr Gynn noted how the community of Swaffham Prior were pulling together, including the landlord/lady of the Red Lion who had only just arrived in the village

but were trying to help through buying in supplies and the Mill's supplying of flours.

Thanks were conveyed to Cllr Greenfield for setting up the remote meeting.

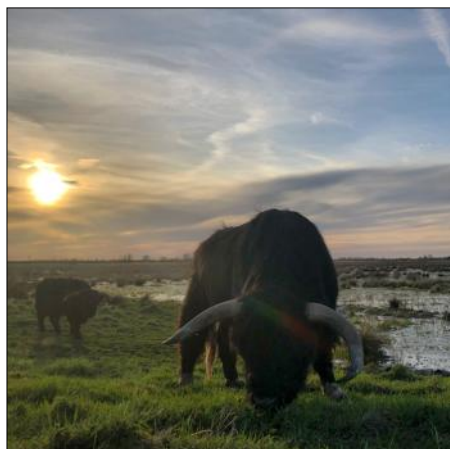
If anyone would like any further information on any of the above items, please do not hesitate to contact the Clerk.

The next Parish Council meeting will be on Thursday, 14th May 2020 starting at 7.30pm via Skype. All are welcome to attend.

Jude Griffiths – Clerk to the Parish Council. Tel 745 106.

Email swaffhampriorclerk@gmail.com





Wicken Fen News

The National Trust is encouraging people to stay at home, exercise locally and observe social distancing, but that doesn't mean that we have stopped our efforts to help people connect with nature, wherever they are. If you don't already do so, we'd highly recommend following the national and local National Trust social media feeds; they're full of rich content including family activities to do at home, podcasts, inspiring images of beautiful places and much more. Wicken Fen's feeds can be found here: Facebook <https://www.facebook.com/WickenFenNT>

Twitter <https://twitter.com/WickenFenNT> and for Instagram search for wickenfennt.

Rangers are still carrying out essential work on the reserve, maintaining and repairing fences and looking after our livestock. It's a busy time for our herds as foals and calves are born, and all the animals enjoy grazing on the new growth of spring fen foliage. Unlike domestic animals, it's vital that the livestock living on the reserve feed on the plants that grow on the Fen, they don't need any other food and it's vital for their wellbeing that people don't try to feed them carrots, apples or any other food.

You can see a photo of the first foal born at Wicken Fen this year, Louis, below. Our rangers check all the livestock daily, so we'll be able to share more news about our foals and calves over the coming months. Louis's path into the world was straightforward, but the second foal born, Jelly Roll, was born in a ditch, and ranger Carol had to put her waders on and rescue him. He then proceeded to roll back into the ditch twice – Carol spent a lot of time in the ditch that day!

Rangers are also keeping an eye out for returning migrants such as warblers and cuckoos, and as this article is being written the first two swallows have been seen near the Sedge Fen. You'll probably be noticing nature from your windows at home, whether it's seeing blossom on the trees or hearing birdsong. If you'd like to know more about the birds you can see from home: how to recognise them visually or by listening to their song, you'll find lots of useful and interesting information here: <https://www.nationaltrust.org.uk/lists/our-guide-to-birdsong-and-bird-spotting>

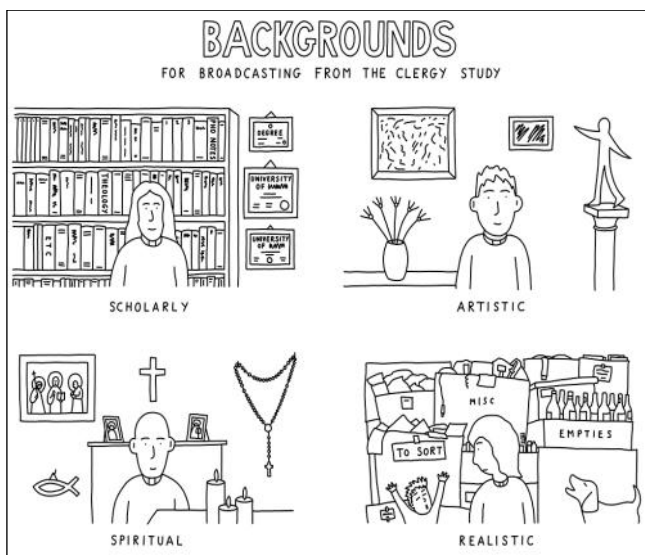


Dear Friends, As for very many people and organisations the church has had to adapt and find new ways of being a church family and serving others during lock-down. Our buildings have had to close to conform to the measures to stay home, save lives and protect the NHS but the church community remains open, active and prayerful.



Although I am not a great expert with technical innovations we have embraced Zoom, an internet-based way of sharing meetings and documents with groups of people and for a number of weeks now we have held services on-line using this new technology.

It has been a steep learning curve and we have had to spend time teaching one another how to work computers and iPads so that as many as possible can join in. Sadly, there are some who don't have the internet or whose hearing is too poor to join us even so and we miss them and try to keep in touch by phone. As you can imagine this new venture has precipitated some humour. The Church Times cartoon last week was on "backgrounds for broadcast from the clergy study". It's possible on Zoom to have set pictures as a background which means you can be in a scholarly study with lots of neat rows of books, an artistic study with lots of imaginative art work, a spiritual study with lots of aids to prayer and worship, or ... see below! None of new things we are learning might be what we would want or had planned for but it is what we can achieve and develop at this moment. It has enabled many to celebrate the most important festivals of the Christian calendar including Palm Sunday, Maundy Thursday, Good Friday and Easter Day. We have even found ways of sharing coffee together after the service although we have to make our own coffee now!



We have been praying for all key workers who are serving others and who put themselves at risk in doing so and for all those who are ill or grieving. If you have anyone you would like us to pray for please do ring or e-mail. It is one small thing we can do for others whilst at home.

Our reading last Sunday was about Jesus appearing to his friends who were hiding behind locked doors because they were afraid they too might be taken and killed. It spoke to where we

find ourselves, perhaps not hiding in fear but locked down and unable to be with family and friends. Yet as the story reminded us, locked doors are no barrier for our God. He can move through any locked door, any barricaded heart, any walls created by fear or anxiety to reveal his love for people bringing them peace and hope. He did it for his first disciples as they mourned his death and he does it for us as we mourn for a lost way of life and for people we love. He is with us in lockdown, loving us and wanting to give us strength and peace for whatever the future holds. Our world may not return to how it once was just as the disciples never returned to their fishing or to learning face to face from Jesus. However, the global experience of a pandemic may help us to be more aware of each other's needs, maybe we will discover how to be kinder and more supportive of one other. It has already shown us how we might appreciate and value the care others provide. Through the restrictions we have been gentler with the natural world too and notice how it contributes to our health and well-being. We are recognising that our world is far more than a resource to exploit for our own ends. Lockdown has also precipitated lots of imaginative and creative ways of caring for one another and staying in touch and this support and care is something to build on for the future.

Sue Giles

St Mary's Church, Swaffham Prior

We are sorry we cannot welcome you to a service in St Mary's at the moment. All churches are closed to comply with Government advice during the Covid-19 pandemic.

However, we are holding weekly **Zoom services at 10.20am on Sundays**; we have had over 50 households from the group of five churches joining online and would love to welcome you too! Please email admin@angleseygroupparishes.co.uk for joining instructions. In addition, a new weekly online "coffee morning" has started for Thursday mornings, and bible study groups are also springing up; please email for information.

Our weekly newsletter is being sent by email; again email admin@angleseygroupparishes.co.uk to be added to the mailing list. We are trying to include in that mailing information on TV and radio services for those not able to use Zoom. We are also circulating study and activity materials for adults and children from Roots magazine to those on our mailing list.

Alternatively please take a look at:

Facebook: www.facebook.com/angleseychurches

A Church Near You: <https://www.achurchnearyou.com/church/7380/benefice/>

Website: www.angleseygroupparishes.co.uk

Or send an email: admin@angleseygroupparishes.co.uk

If you would like to speak to the vicar, please call Rev'd Sue on 01223 812726

Please do be in touch if you need assistance during lockdown. Our church may be closed, but our hearts are open!

Food Bank

Thank you to those who have organised for the collection basket once in St Mary's to be relocated to The Red Lion for your kind donations for the Open Door

Food Bank in Newmarket. We are very grateful to Emma and Dean for making this possible. There is a huge need for non-perishable goods, toiletries etc for families struggling to provide three meals a day during lockdown. Donations will be collected fortnightly; thank you in advance for your generosity.

Church Alarm

Brenda Wilson and Rod Clayton (churchwardens) and Andrew Camps (verger) wrote on Facebook in mid-April: As those in earshot have noticed, the church alarm has gone off several times today. It does not appear to be because of thieves but rather, we think, because of some jackdaws nesting nearby.

We're sorry for any inconvenience, but obviously in the current circumstances, with our churches being closed, we're powerless to prevent it going off. The church needs the alarm, not only because of the risk of lead theft, but also because our insurance requires the church to have a functioning alarm. Once the current restrictions are over, we will investigate bird-proofing the system!

Once again, apologies for the disturbance and thank you for your vigilance.

Birthday!

We usually celebrate birthdays at our Family Services, but on Sunday 26 April we recognised Betty's 96th Birthday with a socially distanced serenade and a specially made photocard!

Please keep well and keep in touch. Every blessing from St Mary's *Dee Noyes*



TWO Happy Birthdays, of course!



Memories of men who loved the fens. Two Rowan trees down by the River Bank

